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Office Hours: 10:30 to 11:30 a. m.; 2 to 4 p. m.; 7:30 to 8:30 p. m.; Sundays 11 a. m. to 12 m.  
305 Woodworth Ave. ALMA, MICHIGAN

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**DR. NELSON F. McCLINTON**  
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Up-to-date—Prepared to care for all cases except contagious. Apply for rates.  
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Hours: 9 to 12 a. m., 1:30 to 4:30 and 7 to 9 p. m. Located over Alma State Savings Bank.

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**DRY CLEANING AND DYEING**  
EXPERT REPAIRING  
First-class service guaranteed at a reasonable price.  
Alma City Dry Cleaners & Tailors  
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Motors—Wiring—Fixtures  
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**Wanted! A Sinner Who Can Add Zest to the Life of a Pretty Young Widow**  
Constance Talmadge Hunts For Him in  
"In Search of a Sinner"

Thursday and Friday  
STRAND THEATER

**LOOK!**  
Your Furnace Over  
or have it done soon.  
If it needs new parts  
Call Downer 533-2R

I will order repairs, clean or overhaul your furnace—  
Sell you a new one—  
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And make whatever changes in the distribution of air that is necessary to improve your heating.

**"Rudy Furnace Man"**  
911 Republic Ave. 56-ft

**RECORD WANT ADS**  
COST LITTLE—  
RETURN BIG.

## How to Live

Common Sense Comments on Health, Happiness and Longevity  
By GEORGE F. BUTLER, A. M., M. D.

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## PLAY.

One of the most important, as it is one of the hardest, lessons for the busy man to learn is to play. "All work and no play makes Jack a dull boy." More men have been killed by the negative influence of lack of play than by the positive effect of excessive work. Of all things, the busy man should give up the senseless and wearing habit of revolving in his mind in the evening, and during his spare time, the matters which have occupied him during the day. A certain brand of tobacco used to be advertised with the epigrammatic advice, "If smoking such and such tobacco interferes with your business, quit your business." Of course, the admonition is absurdly overdrawn, but it has a grain of sound philosophy in it, too, which is, that it is just as important that business should not be allowed to interfere with play as that play should not be allowed to interfere with business.

Play is a form of rest if properly indulged. If improperly indulged it becomes labor, poisonous exertion, drudgery, doing harm rather than good. It is as bad for the body or any of its members to be overstrained in play as in work, and in the excitement or rivalry of play the line of demarcation between benefit and injury is very often overlooked. The basic definition of play is, "To engage in some exercise for the sake of amusement." Here the word would seem to mean what it does not mean, for "amusement" is that which amuses or pleasantly engages the mind. So "play" has come to mean many different things, from music to gambling. Whenever, however, in any amusement you are interested chiefly in some advantage to be won, you have passed from the amusement of play to the amusement of work. In playing it is not necessary that it be purposeful. One should let himself "go" now and then and just frolic. All that is necessary to learn about play is to understand that all play is good if indulged in moderation and at reasonable times. Work, play, rest, should balance. Bowling, running, golf, tennis, all sports that will take us where there is good air and sunshine, and force us to exert our bodies to the point of taking deep breaths are beneficial. Indoors, light reading when the mind is weary, card playing and other frivolous amusements are sometimes good. The all-important requisite is to maintain a playfulness of spirit which is quite independent of external aids.

You can learn even to have fun with yourself letting your imagination play all kinds of pranks. Play is recreation, refreshing and lightening the monotony of life. Change of work is not recreation enough for the intense worker of today. The mind and will must be emptied of all seriousness and purpose, and relaxation should be sought in romp and frolic. The place and inspiration of a man's play should be, par excellence, his home, although sometimes it is better to get utterly away from your family and all familiar things and people, to play alone or with new-made friends or comparative strangers.

Home, however, should represent to a man the highest type of play—the unheeding and relaxing of his faculties in frank and loving sociability. And it is this element in his life, typified by his home, and for the most part afforded by his home, that I urge upon my readers and patients to deliberately cultivate, thus adding many years to their physical life and untold blessings to their minds and hearts. LEARN HOW TO LIVE.

The deepest-rooted cause of disease is that overworking of the brain and over-excitement of the nervous system, which are the necessary consequences of their intense activity. Hence, nervous prostration, nervous dyspepsia, consumption, Bright's disease, and innumerable other maladies. In a word, the American often works himself to death.

Play is the great harmonizer of the human faculties over-strained and made inharmonious by labor. It is the agency that keeps alive and in healthy activity the faculties and sympathies which work fails to use or helps to repress. It is the conservator of moral, mental, and physical health.

The life of the present day is lived at fever heat. Life is literally a battle, and men are falling by hundreds in the thick of the fight; they go stumbling on, robbing themselves of sleep and rest and play, till they break down into an insane asylum or into the grave.

Fresh air is the staff of life. No man or woman can reach the best possible development if deprived of fresh air for a few hours every day.

End habits careless living, dissipation, over-excitement, over-work, soon or later bring on exhaustion—physical, mental, moral.

**Zeb in Hard Luck.**  
"Wealth don't bring happiness," said Uncle Eben. "Zeb Cotton saved up 'fo' dollars an' bought himself a pair o' shoes. De shoe pinched his feet an' now he's too proud to go barefooted."

**One Reason for Golf.**  
A considerable amount of golf is played principally for the reason that some women think their husbands look well in knickerbockers.

## CITY COMMISSION

Alma, Mich., December 7, 1920.  
Regular meeting of the City Commission of the City of Alma in session at the City Chambers on above date.

Meeting called to order at eight o'clock p. m. by Mayor Chas. R. Murphy.  
Present—Commissioners Creaser, Glass and Archer.  
Absent—Commissioner Chick.  
There being a quorum present the Commission was declared to be in session.

Minutes of the preceding meeting were read and approved.  
Reading of bills and claims.

**Bills and Claims**  
Petty Cash \$ 41.12  
W. E. Sand 175.00  
H. J. Winchell 60.00  
Western Union Telegraph 2.77  
Was-on Petroleum Co. 757.42  
Walthers & Woodland 40.12  
L. C. Thornton 1.81  
Standard Oil Co. 141.91  
J. C. Pardee 9.20  
J. M. Montigel 25.05  
Little Rock Oil Co. 85.00  
Kean Bros. .75  
Home Lbr. & Fuel Co. 294.54  
B. C. Hammond 3.15  
Gratiot County Gas Co. 13.68  
Glass & Hannah 29.18  
Earl C. Clapp 1.55  
Giles-Archer Tire Service 930.35  
Central Mich. L. & Power Co. 125.94  
Milton Bush & Son 197.79  
Barclay, Ayers & Bertsch Co. 18.00  
W. E. Baker 248.13  
The Ann Arbor R. R. Co.  
American LaFrance Fire Engine Co. 225.00  
The Alma Record 57.10  
Alma News Co. 1.80  
Alma Electric & Batt. Co. 5.80  
Total \$3499.66

**Payroll**  
G. McLaughlin 57.00  
F. S. Andre 45.60  
D. Hammond 16.75  
J. Springer 21.50  
J. Huntley 30.00  
C. Enterline 31.85  
D. Enterline 21.25  
B. Bowers 16.58  
B. Taft 39.38  
C. Phillips 30.00  
H. Faught 30.00  
G. Diek 6.00  
B. Williams 51.20  
W. Kirkby 25.00  
F. Grover 52.50  
E. C. Hasse 50.00  
G. Van Norman 27.00  
G. Manley 22.50  
C. E. Smith 20.50  
V. Wiley 28.80  
C. Manning 28.80  
C. Greenway 10.50  
H. Voller 48.00  
C. Bartlett 23.25  
G. Shong 18.75  
J. Lutz 30.00  
J. Wilson 3.00  
Total \$ 785.74  
Grand Total \$4285.40

Moved by Commissioner Archer and supported by Commissioner Creaser that the above bills as read be allowed and clerk instructed to issue checks in payment of same.

Ayes—Commissioners Creaser, Glass and Archer.

**Nays—None.**  
Committee from the Chamber of Commerce appeared to request aid from the Commission either in the form of a subscription to the membership of in some other acceptable manner. The matter was taken under advisement to be reported to the Committee at a future date.

Moved by Commissioner Archer supported by Commissioner Glass that the report of the Chief of Police for the month of November be received and placed on file. Motion prevails.

Moved by Commissioner Archer, supported by Commissioner Glass, that the proposed ordinance known as ordinance No. 114, "An Ordinance of the City of Alma relative to the running of locomotives, motorcars and railroad trains into and through the City of Alma and the safeguarding of street crossings over which said trains, motorcars and locomotives are run, and to provide a penalty for failure to comply with the provisions thereof, and method of reimbursement to the city for its expense and costs in connection therewith," be placed on its first reading. Motion prevails.

Moved by Commissioner Glass and supported by Commissioner Creaser that the bonds of the City of Alma known as "Water Works Improvement Bonds Series of 1920" be advertised for sale, sealed bids for which accompanied by a certified check of 5 per cent of the amount bid, to be received at a regular adjourned meeting to be held after the adjournment of the regular meeting of Tuesday, December 14, 1920, at 8 o'clock p. m. Right is reserved by the City of Alma to reject any or all bids received.

Moved by Commissioner Glass and supported by Commissioner Archer, that the Mayor and City Clerk be and are hereby authorized to execute the contract as awarded by the City Commission at its adjourned session of December 2, 1920, to the Pittsburg Des Moines Steel Company.

Ayes—Commissioners Creaser, Glass and Archer.

**Nays—None.**

Moved by Commissioner Creaser and supported by Commissioner Archer that the City Manager be empowered to obtain quotations on one plunger pump as authorized in the bond issue for the Water Works Improvements. Motion prevails.

Moved by Commissioner Glass and supported by Commissioner Archer that the Commission adjourn. Motion prevails.

Chas. R. Murphy, Mayor.  
Francis C. Hayward, Clerk.

## SUMNER

A. E. Fowler and Vance Woodard transacted business in Ithaca Monday.

George Renford of Grand Rapids was here on business Tuesday.  
A. L. Stearns of Stanton called on friends here Tuesday.

Mrs. Wm. Standish and Mrs. Earl Shuttleworth and daughter, Glen, of New Haven called on Mrs. I. F. Tucker Monday.

Chas. Black made a business trip to Carson City Wednesday.  
Glen McGum of Detroit is visiting his parents, Mr. and Mrs. T. McGum.

Will Estep has returned to his home in Greenville after spending several days visiting relatives and friends in this vicinity.

Dr. and Mrs. T. J. Graham of Alma were summer callers Wednesday.  
Howard Phillips of Ithaca and Clifford Gee of Alma were business callers here Thursday evening.

Rev. M. Cottrell made a business trip to Belding and Muir Wednesday and Thursday.

Iret Ferris has returned to his school in Sheridan after a week's vacation at home.

L. C. Hayden of Grand Rapids was here on business Friday.

Mr. and Mrs. Wm. Fowler and Frances Finle of Alma attended the Odd Fellow Play Friday evening.

The I. O. O. F. play given Friday evening drew a full house and was very much enjoyed by all who attended. It netted the lodge \$72.70.

Melvin McClenathan of Lansing came Friday to visit over the week end with his parents, Mr. and Mrs. F. E. McClenathan.

Mrs. Sarah Pelton has returned from an extended visit with relatives at Beaverton.

Mrs. Thomas Stratton of Stanton called on friends here last week.

Dave Mulford visited over the week end with relatives in Belding.

Roy Monks and family of Ionia visited over Sunday with his brother, O. Monks.

Mr. and Mrs. S. A. Evey of Ithaca attended the I. O. O. F. play here Friday evening.

Samuel Hicks of Elm Hall visited his sister, Mrs. I. F. Tucker Saturday.

Mr. and Mrs. Bert Davis and Mrs. Harley White of Elm Hall called on friends in town Saturday.

Mr. and Mrs. C. L. Booth of Alma spent Sunday with relatives.

Mr. and Mrs. Lee Hausman of near Crystal visited the latter's mother, Mrs. Geo. Wilkins, Sunday.

Rev. and Mrs. Cottrell are entertaining relatives from Ionia.

Mr. and Mrs. James Fisher of Riverdale visited their son, Carl, and family Sunday.

Byron Sommers of Lansing Sundayed here with his family.

Mr. Gorton east of town is very ill at this writing.

Mrs. Earnest Gorman has returned to Ionia after spending several days visiting relatives and friends.

## PERRY SCHOOL NOTES

Miss Margaret Huffy, Assistant State Club Leader, from Lansing will be at the school house Tuesday, December 14, 1920, for the purpose of helping us organize a Hot Lunch club. We hope that the parents will cooperate by coming to hear her and help us to get the club started.

Friday evening, December 17, Mr. Wm. Viola, Scout Master of Shepherd, with his scouts will give an entertainment at the school house. The proceeds will go to our boys who wish to register and become Boy Scouts of America. The entertainment will consist of: First Aid, bugle calls, setting up exercises, Scoutie quartet, fire building, signalling, Scoutie jazz, etc. The admission will be twenty cents for adults and fifteen cents for all school children.

## ELM HALL

Miss Flossie Grinnell of Grand Rapids is visiting Mrs. T. J. Blair.

Mrs. T. J. Blair has returned from Grand Rapids.

Mr. A. Comps of Alma has purchased Geo. Andrews farm south of town.

Mrs. A. Butcher has returned from a week's visit at Shepherd.

Revival services are being held at the M. E. church. Mr. W. Amos of Alma will assist Mr. R. Dean, pastor.

Mr. Harry Connor has returned from a visit at Detroit.

## FEEL PROUD

Alma People Have The Right Says Swift's Branch Manager.

Alma people have a right to feel proud of the effort now being put forth to organize a Chamber of Commerce, H. C. McCracken, manager of Swift & Company's branch says in the following letter:

Alma, Mich., Dec. 1, 1920.  
Mr. James W. Blakely,  
Alma Chamber of Commerce,  
Alma, Michigan.  
Dear Sir:

The people of Alma and surrounding country have just reason to feel proud of the effort that is being put forth at the present time in the Reorganization Campaign of the Alma Chamber of Commerce.

This movement just set in motion, will have untold influence in making better citizens, schools and churches—consequently a better place in which to live, and from a commercial standpoint better and broader markets for all merchandise and farm products.

The future growth of Alma depends in a great measure upon the support that each citizen gives the Alma Chamber of Commerce, so let us all be boosters, and adopt the slogan, "If Alma is worth living in, it is worth working for."

Respectfully yours,  
Swift & Company.  
Per H. C. McCracken.

**Average Life Thirty-Three Years.**  
Good authorities give the average duration of human life as about thirty-three years. One-quarter of the people on the earth die before the age of six, one-half before the age of sixteen and only about one person of each 100 born lives to the age of sixty-five.

## SOUTHEAST COE

Roy Boyels and family of St. Louis were Sunday callers at the home of his parents.

Ella Leonard visited at the home of Mrs. A. Davenport of St. Louis Thursday.

Fred Gay went to the St. Louis hospital Tuesday for a slight operation.

John Byers returned home last week from the hospital at Ann Arbor, very much improved in health.

Mr. and Mrs. Sherman, returned missionaries from India, gave an address on the habits and mode of dress of the natives at the church in Coe Sunday. A missionary collection was taken, which amounted to \$34.00. They were guests of Elder Kimberling and wife.

Mr. and Mrs. W. Brooks have purchased the Acker and Ralston grocery store in St. Louis. They will move there the latter part of this month.

**On the Wrong Scent.**  
Half the world is on the wrong scent in the pursuit of happiness. They think it consists in having and getting, and in being served by others. It consists in giving and in serving others.—Drummond.

**Join the Chamber of Commerce and Help Boost for the General Welfare of Alma**

**GRATIOT COUNTY GAS CO.**

**H. M. Page and W. F. Markham**  
Real Estate, Farms and City Property  
Rooms 7-9, Opera House Block ALMA, MICH.

For Rent or Sale on very easy terms, a 10-room rooming house, close in, one block off Superior St. The rent of five rooms more than makes payments. House strictly modern.

For Rent—A dandy six-room oak finish, strictly modern house.

We have a number of houses in all parts of the city to sell on very easy terms, small payments down. Now is the time to buy a home.

We have a money making 160-acre farm to sell on very easy terms, or would take some city property on this one.

We have several farms for sale that we could take houses and lots or business property on as part payment.

IF YOU WANT FARMS OR CITY PROPERTY COME AND SEE

**Page & Markham**  
Rooms 7 & 9 Opera House Bldg.

**Ma! Ma!**  
"Don't let the wife die of lockjaw," advises a corn-cure advertisement, and "Wot chance, wot chance?" means Tommy Mack.—The Home Sector.

**Of What Use Is It?**  
After growing for ten years, the Japanese cypress, one of the smallest specimens of the horticultural world, reaches the size of a golf ball.

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IF YOU WANT FARMS OR CITY PROPERTY COME AND SEE

**Page & Markham**  
Rooms 7 & 9 Opera House Bldg.

**Christmas Sense Saves Dollars and Cents**

**USEFUL GIFTS**  
are a source of lasting pleasure. A nice piece of Aluminum or Pyrex ware will bring a pleasant memory every day in the year and we are offering these useful wares at a money saving discount. A useful present will make a merry friend all the year around.

**E. C. Clapp Hardware**

**BUTTER-NUT BREAD**  
The Dining Table Watchword

"I want some more."

That's the chorus you'll hear from all the family when you give them our delicious Bread, Rolls, Pies, Etc.

Your Merry Christmas is Merrier when you have—

**BREAD**  
Is Your Best FOOD Eat More BUTTER-NUT

**Lots of Good Things to Eat**

from our bakery—we bake them—also Butternut Bread.

Your New Year will be happy all through if you help to make it so. Don't forget us when you want good Bakery Goods.

**Ask Your Grocer for Butter-Nut Bread**

**The Model Bakery**

Phone No. 3 Alma, Mich. 216 E. Superior St.